



Caregiver burden among family caregivers of older patients receiving hemodialysis and its relevant factors

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ARTICLE INFO

Article Type:
Original

Article History:

Received: 7 October 2018

Accepted: 20 December 2018

Published online: 13 January 2019

Keywords:

Caregiver Burden
Chronic kidney disease
Hemodialysis
End-stage renal disease

ABSTRACT

Introduction: One of the issues that have drawn many attentions in recent years is the matter of caregiver burden among caregivers of patients with chronic illnesses.

Objectives: The present study was carried out with the aim of studying the caregiver burden among caregivers of older patients receiving hemodialysis and its relevant factors.

Patients and Methods: In the present study 52 caregivers of elderly patients receiving hemodialysis for this study were recruited. Data collection was carried out using a researcher-made demographic variables checklist and Novak and Guest Caregiver Burden Inventory (CBI).

Results: The mean age of caregivers' patients was 72.4 years. The mean total score of care burden was 57.9 ± 20.1 . Totally, 23.1%, 51.9% and 25% of the subjects had mild, moderate and severe level of burden respectively. Caregiver of ages, age of the elderlies and relationship status were effective factors on caregiver's burden ($P = 0.05$).

Conclusion: In the present study, caregivers of older patients receiving hemodialysis reported to have high levels of burden. This issue should be addressed especially by the health care teams that provide care for older patients receiving hemodialysis.

Implication for health policy/practice/research/medical education:

In a study on 52 caregivers of elderly patients receiving hemodialysis, we found, caregivers of older patients receiving hemodialysis reported to have high levels of burden. This issue should be addressed especially by the health care teams that provide care for older patients receiving hemodialysis

Please cite this paper as: Senmar M, Rafiei H, Yousefi F, Razaghpour A, Bokharai M. Caregiver burden among family caregivers of older patients receiving hemodialysis and its relevant factors. J Nephropharmacol. 2019;8(1):e12. DOI:10.15171/jrip.2019.12.

Introduction

End-stage renal disease (ESRD) is a chronic condition in which the kidneys completely lose their functions. In fact, in this condition, the calculated glomerular filtration rate is less than 15 mL/min (1). In today's world, chronic kidney disease is considered as a worldwide public health challenge (2). The number of ESRD patients is growing rapidly worldwide in recent years (1). According to the United States Renal Data System (USRDS), there were 124,114 newly reported cases of ESRD in the United States in 2015. This system also reported that substantial health care costs were paid for ESRD patients in the United States between the years 2014 and 2015 in which these costs had grown significantly from \$31 billion to \$33.9 billion (3).

In many cases, patients with chronic illnesses require others' care, and in this scenario, kidney failure patients receiving hemodialysis are not an exception (4). These

patients usually rely on their caregivers to assist them with their daily living needs. Duties taken on by caregivers include administration of medications, driving to dialysis, maintenance of personal hygiene, provision of meals (5). In longer terms, taking care of a patient with chronic illnesses may have negative effects on the caregivers (6). However, studies show that during the patients' care and treatment in hemodialysis, main focus of the treatment team is on the patient, while, patients' caregivers do not usually receive special attention (4). One of the issues that has drawn many attentions in recent years is the matter of caregiver burden among caregivers of patients with chronic illnesses. Caregiver burden, which may appear in both objective and subjective approaches, includes psychological, physical and social stress that is resulted from providing care for patients with special health care needs by caregivers (7). This matter has been studied

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